

EBOLA VIRUS DISEASE

Isolation and Quarantine

www.colorado.gov/ebola

Ebola Virus Disease (Ebola): Understanding Isolation and Quarantine

Public Health uses a number of methods to prevent exposures to people who have or may have a contagious disease such as Ebola.

Risk assessment

Public health officials conduct risk assessments to understand how a person may have been exposed to the Ebola virus, and whether any of the measures described below are needed.

Isolation

Isolation separates people who are sick with a contagious disease from people who are well. A person with a severe disease such as Ebola is cared for in a hospital, where isolation can be managed.

Quarantine

A quarantine separates well people who were exposed to a contagious disease to see if they become sick. Quarantine can be voluntary or ordered by a health department. A quarantine order is a legal document, and police can enforce the order.

For people at lower risk, a quarantine request or order from the health department might involve some type of monitoring. **Monitoring** means carefully watching someone for any symptoms of disease. Public health officials may **actively monitor** a person by checking in with them daily about their symptoms. Sometimes, public health officials might do **direct active monitoring**, which means visiting the individual at least once a day.

For people at higher risk, a quarantine request or order might involve “controlled movement.” **Controlled movement** restricts the movement of people. Individuals subject to controlled movement may be asked or required to avoid public places or commercial transportation.

Example

A well person who might have been exposed to Ebola is asked to self-**monitor** and check in every day with public health officials. If the person developed symptoms, he or she would be **isolated** at a hospital. The person’s contacts would be given **quarantine** requests or orders, depending on their level of exposure. Those people would be **monitored** if their risk is low or subjected to **controlled movement** if their risk is high.

www.colorado.gov/ebola

CO-HELP: 303-389-1687 or
1-877-462-2911



COLORADO
Department of Public
Health & Environment

Revised: 11/4/2014